



RESPONSIBLE LIVING





RESPONSIBLE SEXUAL BEHAVIOR



Choose to be Pro-Active not Re-

Active!



RISK TAKING SEXUAL BEHAVIOR



Examples:

- High-risk sexual partners
- Drinking alcohol prior to, or during a sexual episode
- Unprotected sex
- Compound effect of many different sexual partners
- Risky types of intercourse



CONSEQUENCES: SEXUALLY TRANSMITTED DISEASES



***"How did I get a
sexually transmitted
disease? My partner has
been faithful to me and
I have been faithful to
him."***

**Often, STDs occur long
before couples pair off
into long-term
relationships and/or
marriage.**



CONSEQUENCES: UNINTENDED PREGNANCY

- Approximately 1 million teens become pregnant each year, **80% of these pregnancies are unintended** and almost 50% end in abortions.

- Almost two-thirds of the pregnancies among enlisted women that occurred in fiscal year 1996 were unintended.

UNINTENDED AND OFTEN UNWANTED





ALTERNATIVES

Abstinence - the only
100% effective Birth Control
Method

Advantages:

- Prevents pregnancy
- Prevents Sexually Transmitted Diseases
- Builds Healthy Relationships



PREVENTION

The CHOICE is Yours



Depo-Provera



Cervical Cap



Intrauterine
Device



Female Condom



Contraceptive Foam
& Suppositories



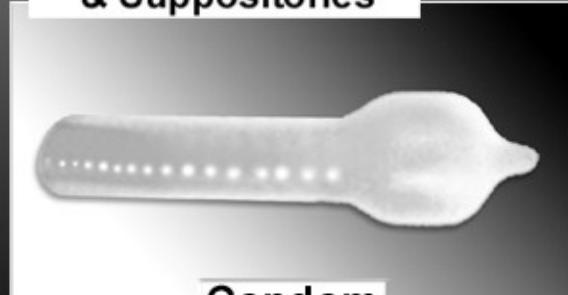
BC Pills



Diaphragm



Periodic Abstinence/
Rhythm Method



Condom



Norplant



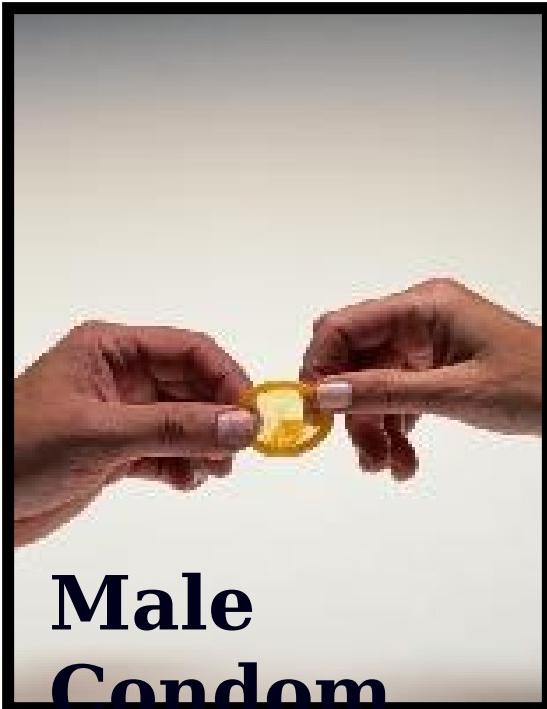
SEXUALLY TRANSMITTED DISEASES



- Once called **venereal diseases** - STDs are among the most common infectious diseases in the United States today.
- Approximately **12 million cases** of sexually transmitted diseases (STDs) occur annually in



PROTECT YOURSELF & OTHERS



“NO PROTECTION- NO SEX!”



BUILDING HEALTHY RELATIONSHIPS



**Mutual
Responsibility**



nunication

**Mutual
Respec
t**



SUMMARY I

In this lesson :

- We discussed how your career goals, personal vision, and core values are applicable to your sexual behavior.
- We defined responsible sexual behavior.
- We identified risk taking sexual behavior and examined some of the consequences of such behavior.



SUMMARY II

We also:

- Discussed strategies for the prevention of sexually transmitted diseases (STDs), and unintended pregnancy.
- We discussed the importance of building **HEALTHY** relationships.